http://axp.calumet.purdue.edu/~chronicle

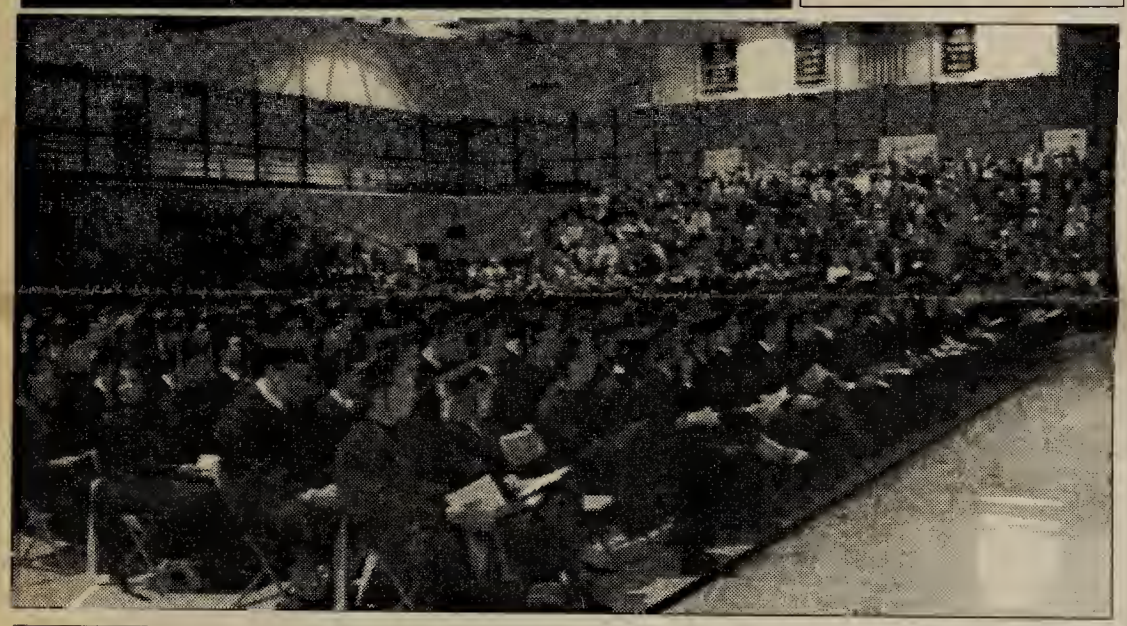
The Chronicle

Vol. 15 No. 14

Monday, January 13, 1997

Congratulations winter '96 graduates!

Dr. Mary Didelot, Coordinator of LAS Advising and Candidate Marshall for the 1996 winter commencement, poses with Wanda Legard-Lewis, bachelor's candidate. The ceremonies took place on Dec. 19 in the Physical Education/ Recreation building.



Photos by Gregg Leonard

Over 300 students participated in the winter commencement on Dec. 19. This brings the total of PUC graduates to more than 26,200. Chronicle staff members Raymond Liskey and Beth Krooswyk both received their bachelor's degrees.

CIS implements Windows 95

ERIC SERRANO
Staff Writer

Over Christmas break a funny thing happened. People were working. Staff in the CIS department undertook the task of loading Windows 95 on half of the computers in the M-lab in the of the computer education building.

"That was an amazing effort," said Doug Sharp, Associate Director of Computing, Technology and Information Services. "The staff did a wonderful job. Not only did we implement Windows 95, but in order to do that we had to upgrade a number of machines.

> 'We did months of planning to get to the point where when classes were finally over, we hit the lab and hit it hard,'
> **Doug Sharp.**

"We had to get them up to 16 megabytes of ram and increase their hard disk space."

Windows 95 is an Operating System created by Microsoft. It is like Windows 3.1 in that it is a graphical user interface, but it is different.

A graphical user interface is a computing environment where users utilize images to accomplish tasks instead of entering commands.

Unlike Windows 3.1, Windows 95 can stand alone without the aid of DOS. "Windows 95 evolved from 3.1," added Sharp.

The staff first set up one PC with 95 loaded and working. Then, they took an "electronic snapshot" of the files and uploaded the files to the network. From there, the files were downloaded to each PC individually.

"We had a number of technical issues to overcome and for the most part those have been figured out," Sharp said.

Purdue University Calumet staff planned this upgrade for a long time before it was going to be implemented. The amazing thing is that the majority of the work was done in about two weeks.

"We did months of planning to get to the point where when classes were finally over, we hit the lab and hit it hard," said Sharp.

"Leading the pack on campus (for Windows 95) was the ISCP department. They wanted to be teaching *CIS 204 in Windows 95* with Microsoft Office 95," said Sharp.

During Spring Break the English writing labs will be upgraded as well. The English teachers pushed for this because of the new software that is only available for Windows 95. Other departments will be upgraded as needed.

Students should be aware of the issues concerning the differ-

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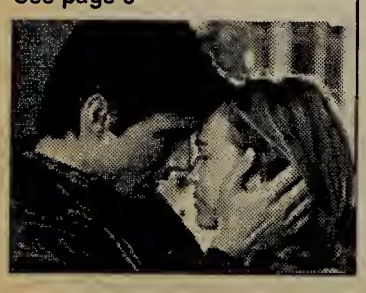


Chronicle begins new year with new staff

JENNIFER CARSON
Staff Writer

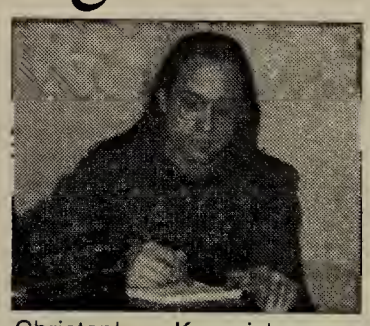
A new year and a new semester has brought some new management and staff members to the Chronicle.

The positions of Editor-in Chief and Managing Editor have been combined this semester. Traditionally two people filled these positions. If one position went unfilled the other person ended up doing all of the work. By combining the work load and using co-editors, the stress associated with the job will be reduced.

The new editors are Christopher Kosovich and Scott Thompson.

For the new co-editors, the shared responsibilities include the supervision of all the paper's operations on a daily basis, writing and assisting with stories and editorials, developing the monthly and yearly budget reports, and hiring staff members as needed.

Kosovich, 19, is a second year Psychology major who became associated with the Chronicle this past September. "I'm looking forward to the challenge that the position offers. It will provide me with leadership experience that will be useful in future jobs. The Chronicle offers all of this to me," said Kosovich.



Christopher Kosovich, new editor, looks over a story submitted by a writer, one of his many duties.

Thompson, 20, is a junior transfer student from Texas A&M University. He is beginning his first semester working at the Chronicle. Scott adds newspaper experience from high school and college as well as a fresh perspective.

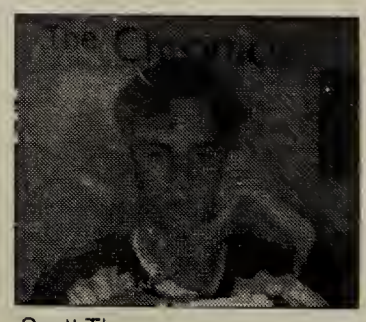
"This semester I plan to combine my leadership skills with my newspaper experience to create a quality product. This is a wonderful opportunity to strengthen my portfolio and provide a service for the student body."

Other important positions have also been filled. The new Production Manager is Lisa Guffey and the new Business Manager is Daren Samplawski.

As Production Manager, Guffey helps develop story ideas, designates jobs to production staff and is responsible for the overall layout of the paper.

The previous Production Manager, Dan Barlo, will remain on staff as a writer.

As Business Manager, Samplawski is responsible for the business transactions of the paper. It is also his responsibility to help develop monthly and yearly budget reports.



Scott Thompson answers one of the many phone calls he has to deal with as the new editor.

With these individuals keeping the daily business running smoothly, the paper will maintain the high standard of quality and professionalism.

The Chronicle is still looking for new people to fill various positions. news writers, sports writers, advertising representatives, and

See Staff, page 3

Historical 50th year at PUC

PUC PRESS RELEASE

The start of construction on a classroom office building and the development of a park-like plaza highlighted 1996 at Purdue University Calumet.

In response to a campus need for more classrooms and office space, Purdue Calumet broke ground for a $15.4 million classroom office building in November.

The three-story, 100,000 square feet facility is being constructed near the northwest corner of campus between the Edward D. Anderson building on the north and the Donald S. Powers Computer and Andrey A. Potter Laboratory Building south. The 18-month construction project is expected to be completed in time for the building to be occupied in the fall of 1998.

The building, the 13th campus structure, will include 22 classrooms, 13 instructional laboratories and space for 122 faculty and staff offices.

Additionally, the first of three phases of the $1.2 million Founders Plaza was completed last summer. Located between the Gyte Science Building and Student Faculty Library Center, the park-like plaza incorporates features of Northwest Indiana's environmental and industrial heritage.

The project is being financed by donations. A donation of $100 or $175 enables individuals or companies to have their name or that of a loved one engraved in one of the Plaza's permanent, pre-cast concrete pavers, available in two sizes.

Former Purdue Calumet Chancellors Richard J.Combs and Carl H. Elliot became charter inductees of the newly-established Purdue University Calumet Hall of Fame. They were honored when the university climaxed its year-long 50th anniversary celebration with Gala Finale in May.

During the fall, 9,284 students were enrolled, the third highest total in university history and a 1.3 percent increase from a year ago. The total was highlighted by a record-setting Hispanic enrollment and gains in 12 academic departments and among certificate students.

A gift from Ourania Forbes, wife of deceased Professor Emeritus of Mathematical Sciences Jack E. Forbes, was used to establish an endowed scholarship fund and an outdoor campus sitting area in his memory. The scholarship is for students majoring in mathematics who demonstrate academic prowess and financial need. The sitting area, located near the northwest corner of campus adjacent to the Anderson Building, features three benches.

The final check of a five-year commitment to establish the Bank One Merrillville Scholarship was presented to the university. Interest from the $50,000 fund supports the scholarship, which is for students who reside in lake county.

The university introduced Northwest Indiana's first accelerated master's degree program for registered nurses. The program enables nurses with associate degrees and at least one year of experience to combine baccalaureate and graduate study.

A master of accountancy degree program, designed to provide necessary knowledge and preparation for individuals pursuing careers on public accounting, was implemented.

A campus tree trail, mapping 59 trees, has been marked to provide people an opportunity to become educated in tree identification and proper usage of trees in an urban landscape.

More than 1,100 graduates earned degrees after completing degree requirements during spring, summer and fall semesters, bringing to more than 26,300 the number of degrees granted at Purdue Calumet. During the spring ceremonies, Gary minister and community leader Rev. Robert Lowery received an honorary doctoral degree.

Twenty-nine Inland Steel supervisors received certificates in professional supervision. The eight-course program provides supervisors with insight and skills for today's changing workplace.

Sixteen U.S. Steel managers and four from other manufacturers received master's degrees in management through an on-site program in which course work was completed at U.S. Steel over a two-year period.

STUDENT BRIEFS:

Marie Wittinig was among three people to receive the Pi Sigma Alpha National Political Science Honor Society/Howard Penniman Graduate Scholarship.

Shelly Robertson and Sheri Gouwens were among 12 students selected to present research papers at the 1996 Ohio University Graduate Research Conference.

Jacquline Reason served a "Women as Leaders" internship, which encouraged women to become leaders from the community to the national level, in Washington D.C.

The Gary Steel City Hall of Fame honored students Brian Cauley Dunham, Ramiro Muro and Donna Jean Smith Hawkins for academic excellence and Veronica Maya for volunteerism.

Shirley Jo Moritz authored an article about her neurosurgery, which was published in The Journal of Neuroscience Nursing and an article about her interest in writing, which was published in Amplifier: The Voice of the Brain Injury Association of Indiana.

Brian Valentine Kuzera was named Outstanding Student in Analytical Chemistry by the Division of Analytical Chemistry of the American Chemical Society.

Christina Eaton, Nancy Hoban, Michelle Powell, Joy Reiner and Laura Zeller were honored as outstanding future educators by the Indiana Association of colleges for Teacher Education.

Andrea Marie Poulos Miller received the A.D. Sander Award as the outstanding graduating senior within the university's School of Liberal Arts and Sciences.

Paul Sengstock and William Vitaniemi received the William Edwin Murrell Award, presented to the outstanding seniors in the Department of Electrical Engineering Technology.

Suzette Marie Czekala and Dawn Renee Geurts received the Shriley Staton Memorial Award for their interest and involvement in the university's Women's Studies program.

Mark Batliner was named the Accounting Honor Student.

The 1995-96 women's varsity basketball team won the Chicagoland Collegiate Athletic Conference Championship, qualifying for a berth in the NAIA I national tournament. The team's 27-5 record represents the most victories in school history.

Matt Blower, Tonya Popiela and Michelle Russell were named most valuable players of the 1995-96 Laker basketball teams.

The Chronicle

Co-Editors-in-Chief
Chris Kosovich
Scott Thompson

Production Manager
Lisa Guffey

Business Manager
Daren Sampiawski

Entertainment Editor
Scott Gonzales

Staff Writers
Jennifer Carson
Summer Coronado
Nick Hawkins
Regina Hurst
Dedee Ludwig
Bridget Ohnezeit
Eric Serrano
Gina Ziady

Illustrator, Harris

Staff Photographers
Cynthia Goven
Sean Kingston

Distribution Manager
Mike Stewart

Ad Representative
Sharon Stewart

Advisor
Dave Fanno

The Chronicle - Purdue University Calumet
Hammond, Indiana 46323-2094
(219) 989-2547 * (219) 989-2039 * Fax: (219) 989-2770
E-mail:chronicle@axp.calumet.purdue.edu
or campus cc:mail - chronicle
On-line: http://axp.calumet.purdue.edu/~chronicle

Briefs

Senior Fitness Seminar

"New Directions in Senior Fitness: A Videotape Review of Jerry Yost's Wellness Weekend Presentation on the Maxlife Program of Arizona" is the topic of a seminar at 7 p.m., Wednesday, Jan. 15 at Purdue University Calumet.

The program, part of the university's monthly Total Fitness Center (TFC) seminar series, will be in room PER-132 of the Physical Education Recreation Building.

Purdue Calumet TFC Coordinator and Exercise Physiologist John Bobalik will moderate the tape and discuss new trends and directions in senior fitness.

Admission is free.

PUC Intramural Basketball League 1997

The new season begins Jan. 26. All games will be played on Sundays. Teams will be limited to 16; roster also will be limited to 8 players.

Rosters will be turned in at the organizational meeting with all players, ID numbers, phone numbers, and Total Fitness Center ID LISTED.

Leagues will have four divisions; all teams will make the playoff and will be seeded according to their standing in their division. Blind draw will be held at the organizational meeting for placement in a division.

Organizational meeting will be Monday, Jan. 20, at noon.

For more information contact Bill Crowley or Frank Saculla at 989-2550 or 989-2363.

Interpersonal Issues Group forms

An interpersonal issues group is forming in the counseling center, Gyte 5. The group is designed to promote personal growth through sharing of our common issues. Emphasis will be on relationships, communication and self-esteem. The number of participants will be limited. The group is open to students and staff and is free of charge. We will meet in Gyte 5 on Mondays beginning Feb. 3 from 12 p.m. to 2 p.m. Contact the counseling center, 989-2366 to secure your place today.

Blueberry Blitz CC Ski Race

The Lake County Parks and Recreation Department will host the annual Blueberry Blitz 5k Cross Country Ski Race on Saturday, Feb.1 at Lemon Lake County Park in Crown Point. If snow conditions are not favorable on Feb. 1, the race will be held on either Feb. 8, 15, or 22, depending on snow conditions.

Pre-registration fee is $5.00 at the Lake County Government Complex (3rd floor) in Crown Point through Jan. 29. Day of race registration fee is $7.00.

Race registration is from 9 a.m. to 9:45 a.m. with a 10 a.m. starting time. All skiers will begin in waves on a first come basis.

The race is for traditional style skiers only, skating is not allowed. For further information, a registration form, or snow condition update, please call 769-PARK, Monday through Friday, 7 a.m. to 3 p.m.

Chronicle now on Mondays

The Chronicle has switched its publication dates to Mondays for the spring semester. A new publication schedule will be sent to all student organizations, departments and faculty at the beginning of this semester. Deadlines for submissions, letters, advertisements, and photos remain one week prior to publication.

Quote of the week

'There is nothing more difficult to take in hand, more perilous to conduct, or more uncertain in its success, then to take the lead in the introduction of a new order of things.'

- Niccolo Machiavelli
1469-1527

CAREER CORNER

Welcome Back Students and Staff!
The Office of Career Development and Placement, located in the Library Building, Room C-349 wishes everyone a happy new year!

Campus Recruiting is now underway at Purdue Calumet Career Development and Placement. All interested students should contact the CD&P Office, Room C-349 or call 989-2419. Here's a list of just a few companies.

U.S. Army
January 14 - C-Building Concourse

US Steel
January 15 - Sign up for internship testing.

Budgetel Inns
January 21 - Full time Assistant Manager Trainee positions

U.S. Air Force
January 22 - C-Building Concourse

Wendy's International
January 23 - C-Building Concourse

Amoco
Amoco is looking for people with a degree in Restaurant and Hotel Management to manage their several new gas stations! If you are interested, fax your resume to Lynn Berger, Marketing Recruitment Manager, Amoco Corporation (312) 856-2367

NIPSCO
NIPSCO Industries Inc. has opportunities for Electrical or Mechanical Engineering Majors working with marketing personnel performing energy audits for industrial and commercial customers.

Arby's
Full- and part-time positions are now available at NW Indiana and Chicagoland locations. Management positions are available to those who qualify. Contact your nearest Arby's for details.

Attention Job Hunters!
The best-selling job-hunting book has been updated! The 1997 What Color is Your Parachute? by Richard Nelson Bolles is now available. It is a great resource guide and has many helpful tips for those searching for a job!

For further information, come to the Career Development and Placement Office, C-349.

Windows

Continued from page 1

Students should be aware of the issues concerning the differences of software for the different Operating Systems.

"You don't want to move casually between the two versions. On 95 machines we are going to be running Office 95, meaning the version of Word, Excel, Access and Powerpoint.

Word documents will go back and forth between 95 and 3.1, Access will not. The others I am not really sure about," said Sharp.

"It was during the week of the sixteenth that 95 percent of the work was done. Machines were moved, machines were upgraded, Windows 95 was installed. It was an amazing piece of work."

Photo by Christopher Kosovich

The Windows 95 team seated from left to right Sandra Frazier, Joe Morales. Standing l to r, Mike Infante, Constance Harris, Doug Sharp, Bill Ellison, Jim Pardonek, Mike Popa, Konrad Werner.

Staff

Continued from page 1

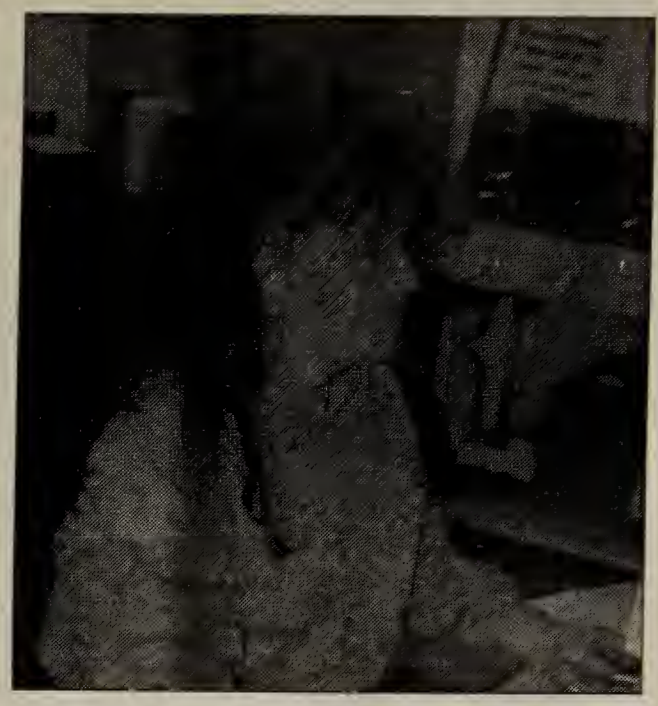
anybody else who wants to gain experience is invited to join. A public relations staff is also in the works.

Some may hesitate to take these positions in fear that they do not have enough experience or knowledge in the newspaper business. However, that is one of the main reasons the paper was started in the first place; to provide a lab experience for students interested in learning new things.

Guffey, 23, is a junior majoring in Public Relations. She feels that she has a new adventure ahead of her. She is excited to be part of something so rewarding and fun. "I'm looking forward to this year. It's going to be challenging for me, but I feel I will make a great contribution to the team. As a Public Relations major the Chronicle will give me the experience I need for the future."

Samplawski, 31, is a junior majoring in business and brings years of practical business management experience with him. "I am doing this to gain new experience. It is also a good place to meet interesting people," said Samplawski.

On a "non-traditional" college campus, such as PUC, it is sometimes difficult to become involved in the activities and clubs. The Chronicle offers an opportunity to get to know new people and gain more knowledge about the newspaper profession.



Chronicle staff photos

Lisa Guffey (above), new production manager, works on the Chronicle computers.There are still several positions that need to be filled. Interested people should call 989-2547 for more information, or visit the Chronicle office in room C-344H. The office is located on the third floor of the Library building.

Charlotte R. Riley Child Center re-accredited by national association

PUC PRESS RELEASE

The PUC Charlotte Riley Child Center has received re-accreditation by the National Association for the Education of Young Children (NAEYC). This recognition is achieved by about 5 percent of early childhood programs nationwide. The Child Center has been accredited since 1987, according to Riley Child Center Director Tamra Bottomlee.

In order to be re-accredited, the Child Center voluntarily underwent an intensive self-study, collecting information from parents, teachers, administrators and classroom observations. The center received an on-site visit conducted by early childhood professionals specially trained by NAEYC, to validate its self-study results. All information was independently reviewed by a team of national experts who granted accreditation. Accreditation lasts for three years.

"The heart of NAEYC accreditation focuses on the child's experience," said Bottomlee. "The process carefully considers all aspects of the program provision—including health and safety, staffing, staff qualifications, administration, and physical environment. But the greatest emphasis is on the children's relationships with staff and how the program helps each child grow and learn - intellectually, physically, socially and emotionally."

Located south of 173rd Street on the campus' south side, the Riley Child Center serves approximately 110 children (ages 3-12) of students, faculty, staff and community residents. The single story, 7,000 square feet structure also serves as a laboratory setting for students enrolled in Purdue Calumet's associate degree program in early childhood development. The Center is staffed by six professionals and 15 student teachers.

The nation's oldest and largest organization of early childhood professionals dedicated to improving the quality of early childhood education, NAEYC established accreditation in response to the growing number of American children spending large amounts of time in group settings away from home.

Photo by Cynthia Govea

Storytime at the child care center. The center received re-accreditation by the National Association for the Education of Young Children. It is located south of 173rd.

Where to turn with classroom problems

BRETT WRIGHT
Staff Contributor

Knowing where to turn when you have a problem in the classroom can be a difficult puzzle to decipher.

Administrative Assistant to the Vice Chancellor of Academic Affairs, Barbara Synos said her office can provide help. But, she said, "don't go there first."

"If a student has a problem in the classroom, we can deal with it, but they should deal with it on a lower level first," Synos said.

Problems in the classroom that students encounter vary widely. "Problems dealt with in this office are personality conflicts between student and instructor, grade discrepancies and conflicts among students," Synos said.

Students are encouraged to start at the lowest level, the classroom itself, to remedy the problem. The Office of Academic Affairs deals with only a few problems each semester," according to Synos.

"We may see one or two problems in a semester," she said. "If they make it all the way up to us, it's a real big problem."

Synos offers guidelines to follow if a student wishes to resolve a conflict in the classroom.

First, deal with the instructor at the classroom level. Second, take your issue to the head of the academic department that offers the class. Third, approach the dean of the school with which the department is affiliated. Finally, if all else fails, contact the Office of Academic Affairs.

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5307 State Line Ave
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(219) 864-9957
150 W. Lincoln Highway
(In Lincoln Ridge Plaza)
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(800) 550-4900

The biggest threat to depression is your awareness of it.

Serious depression strikes millions. Serious depression strikes indiscriminately. Serious depression is MOST dangerous when it goes unrecognized. That's why it's so important to always be aware of the threat of depression. And if your life is ever interrupted by a period of depression, remember that it is readily, medically treatable.

UNTREATED DEPRESSION
#1 Cause of Suicide

Public Service message from SAVE (Suicide Awareness\Voices of Education) http://www.save.org

ENCOUNTERS
LIVE CHAT-LINE / DATE-LINE
Place a FREE Personal Voice-Ad or connect LIVE on the Chat-Line. It's always FREE to browse through ads on the system.
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The Chronicle
est. 1982
Chris Kosovich, ***Co-Editor-in-Chief***
Scott Thompson, ***Co-Editor-in-Chief***
Lisa Guffey, ***Production Manager***

A slightly cynical guide to New Year's resolutions

Along with a new year comes New Year's Resolutions. Like a page from a John Locke essay, the general public thinks that each year on January 1 they are given a clean slate to start all over again. Each year these people torture themselves with unreachable goals. They promise themselves that they will lose fifty pounds, run a marathon, or regrow all the hair on their head. They might as well vow to climb Mt. Everest or travel through time. The competitive nature that has been bred into our children since Thomas Jefferson, has created in each individual the desire to be the best in every possible way.

However, in the last few decades, this spirit has mutated from its noble beginnings to a hideous monster of greed and avarice. These promises of self improvement are not made from a desire to improve one's self, but in an attempt to appear superior to the rest of the world. When choosing resolutions one needs to remember two key rules.

First, only set goals for which the motivation comes from inside. If one resolves to do something merely to escape from the nagging of another person the result will not last. No matter how much your mother wants you to get straight A's, if you lack the proper desire, you are doomed before you start. Since these goals generally include increasing one's self control over an activity or substance, the choice to improve this area must be made from within. Few people could never give up smoking or drinking beer for the sake of someone else. They lack the proper motivation to alter this behavior. So until that motivation arises, they should not fool themselves by vowing to change.

Second, never promise to completely quit a behavior or substance immediately. Moderation is an important word to keep in mind when making resolutions. If a person is a hundred pounds overweight, he should not decide to lose all the weight by Spring Break. It is always more satisfying to set a goal that is reasonable and succeed than it is to set a lofty one and fail.

This short transitional period allows one adequate time to adjust to the new routine before he alters it any further. After each plateau becomes comfortable, the standard is raised slightly. In the same way, an overweight person might decide to cut back on fatty foods and exercise three times a week in order to lose ten pounds a month. This method provides more lasting results rather than a temporary fix. Most importantly, regardless of what your goal is,resolutions should be enjoyable and attainable.

The Chronicle Editorial Policy

The views expressed in the commentaries and Letters to the Editor do not necessarily reflect the views of *The Chronicle* or Purdue University Calumet. *The Chronicle* is not an official publication of Purdue University Calumet.

The Chronicle welcomes reader input. Letters and commentaries must include the author's name, class standing or other affiliation and a telephone number for verification. Anonymous letters and commentaries will be considered for publication only if accompanied with the aforementioned specifications.

All materials submitted to *The Chronicle* become the property of *The Chronicle*. All material must be typed (double spaced) or saved on a 3.5" DOS format disk. *The Chronicle* reserves the right to edit for clarity, accuracy, space and news style. Copy deadline is noon the Wednesday before publication.

Another year gone already?

Top events feature national, campus news

Commentary by Scott Gonzales

The past couple of weeks have brought magazines and television programs summing up the major events of the elapsed year. Even the check-out counter tabloids fail to miss this chance to highlight the depths of which our humanity can plummet within a years' time.

This year cut deep into the hearts of Americans. Here are some of my thoughts on the events of 1996, both nationally and right hear on our little neck of the woods called Purdue University Calumet.

The first and surely the principle story of 1996 is the crash of TWA Flight 800. If the crash and extreme loss of human lives were not enough of a burden, the fact that this tragedy has not come close to being solved only makes things worse.

Husbands lost their wives, mothers lost their children, fathers lost their families as Flight 800 mysteriously exploded off the Long Island coast this summer. Two hundred and thirty people died and our nation mourned them all.

The triumph of women's power wasn't more evident than in this past year. The grand expertise and stamina of Olympic athletes like Shannon Miller, Amy Van Dyken, Kerri Strug and Dot Richardson personified bravery and pride itself.

Pride was also in abundance right here when our very own Lady Lakers defeated Olivet Nazarene to win the CCAC tournament and pave the way for a berth into a national tournament.

The 10-0 team showed the whole campus the glory, fun and determination of women's basketball. Thank you Tabitha Beumont, Jamie Muskin, Tanya Popiela, Natalie Shadowen, Juliann Luketic, Tina Mudy, Angie Jez, Michelle Russell, Carrie Zapinski, Brea O'Connor, Amanda Stutler, and Jennifer Medley for doing us all proud.

Elections bombarded the airwaves this past fall as this nation re-elected President Clinton. This brought a smile to some, a sigh of relief to others and a scream of contemptible disgust from the office of our own College Republicans. Deal with it guys!

As a nation we kept the usual suspects in Washington, with a few exceptions, but PUC's Student Government had a complete and total overhaul. Last years SG fell by the way side amid racial attacks and failure to relate to the entire student body.

This paved the way for a new, more diverse crowd of people to take the campus by the horns. Only one lone member of the previous years SG, Roberto Caballos, made the cut into this year's group.

Our PUC campus expanded in leaps and bounds last year. The southern satellite locations are the Hellenic Cultural Center in Merrillville, Crown Point High School, and Lake Central High School in St. John. These sites presented more opportunities for education and convenience for many students.

PUC also set its sights on the future by breaking ground on a new $15.4 million classroom/ office building right here on campus. This new building, to be finished in the fall 1998, will house four schools of learning and is located just south of the Anderson building.

PUC completed Founders Plaza this year as well. Founders Plaza created an island of relaxation amid a swell of academic frustration that we students feel every day.

So through it all we have survived another year. We have ridden the "highs" and the "lows" to make it through this year and we now have to look forward.

I personally have set a few goals for myself and if I complete half of them it will be a miracle. 1997 will hopefully bring an end to that prison sentence my counselor calls a foreign language requirement.

I hope better things for myself as everyone else does at this time of year, but I also hope more for all of you. God knows we deserve better.

So let's face 1997 with an open mind, a bright outlook and plenty of aspirin at hand. I've got a feeling we'll need it.

Beginning exercisers find fat can be stubborn

Several weeks ago, Allison, a junior at PUC, enthusiastically started a carefully designed program of professionally supervised exercise at the university's fitness center.

On Mondays, Wednesdays, and Fridays, she participated in a 50-minute step-aerobics class. Tuesdays and Thursdays, she did 45 minutes of resistance training on weight machines, followed immediately by 30 minutes of brisk walking.

Although her exercise routine helped her to feel better, experience more energy, enjoy greater endurance and tune up her muscles, Allison's body weight was unchanged. After three weeks of exercising, she weighed the same as she did the first day when she joined the fitness center.

It's an all to familiar scenario many beginning exercisers can relate to as they labor through the first few weeks of an exercise program. How can people increase their level of physical activity, burn up calories through rigorous aerobic exercise, increase their muscular strength, and yet not lose a pound of body weight?

When a sedentary person begins a fitness program, several changes occur that enable the body to adjust to the increased demands of physical activity. According to Dr. Melvin H. Williams, director of the Human Performance Laboratory at Old Dominion (Va.) University, changes that occur in the beginning weeks and months of exercise include one or all of the following:

1. Muscles may increase in size because of hypertrophy (enlargement) of the muscle cells. As the cells enlarge, the protein that makes up the cell walls gets bigger, thicker and can hold more water. Hence, the actual weight of the exercising muscles can increase. The enlargement in muscle size would be reflected on the scale as an increase in total body weight.

2. Certain structures within the muscle cell that process oxygen, along with numerous enzymes involved in oxygen use increase in quantity.

3. Energy substances in the cell wall increase, particularly glycogen, which binds with water. This makes the muscles heavier.

4. The connective tissue toughens and thickens, consequently, adding weight.

5. Total blood volume may increase. An increase of 500 milliliters or about a pound in one week also contributes to weight increase.

There is a physiological explanation why body weight does not change in the early stages of an exercise program. Simply put, muscles weigh more than fat. As fat is lost through aerobic exercise and fat stores are reduced, muscle mass is increased. The scale you use to check your body weight can't tell the difference between pounds of fat lost and pounds of muscle added.

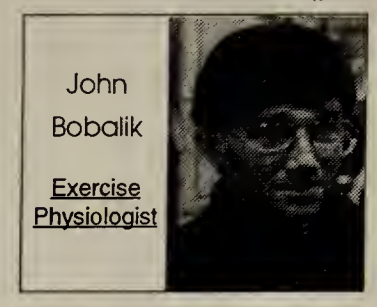
Once first-time exercisers get past this initial stumbling block their body weight will begin to drop as they continue their fitness program.

There is a second problem with relying on a scale to assess body weight that can be equally frustrating to beginner exercisers. After several months of working out, you may notice that your body weight has stabilized even though you continue to exercise and may not have reached your weight loss goal.

In other words, you drop weight for awhile and then hit a plateau where your weight seems to stabilize. It appears, no matter what you do , the scale just does not move. Then all of a sudden your weight drops again. Several weeks later you hit another plateau.

There are several reasons why this occurs. If you continue to do the same type of exercise for the same amount of time at the same pace for the same number of days, your muscles become accustomed to the activity and, therefore, more efficient at what they do.

Greater efficiency results in easier movement and less exertion. Ultimately, that translates into fewer calories burned during each exercise session.A second explanation of a weight plateau relates to the fact that, all things being equal,



the less you weigh, the fewer calories you burn for any exercise you do.

For instance, an individual who already has dropped 15 to 20 pounds since initiating an exercise program and desires to lose more would have to exercise a longer amount of time to burn the same number of calories than when that person weighed more.

The bottom line for first-time exercisers like Allison is they need to understand what happens physiologically to many people who are just beginning their fitness routine.

You are losing fat. Just don't get too hung up on using the bathroom scale to evaluate your progress.

Indoor Triathlon championships

Results
Individual Competition
Student Division

	Bike	Row	Run
Men			
1. John Dankanich	3.4 miles	2,417 meters	1.45 miles
2. Robert Moore	2.9 miles	2,169 meters	1.1 miles
3. Pedro Alverez	2.9 miles	2,086 meters	0.9 mile
Women			
1. Arlene Rossin	2.4 miles	1,693 meters	0.9 mile
2. Cindy Jonzmann	2.2 miles	1,467 meters	1.0 mile

Staff Division

Men			
1. Wes Lukoshus	4.0 miles	2,256 meters	1.71 miles
2. Bernie Holicky	3.1 miles	2,239 meters	1.35 miles
3. Bipin Pai	2.9 miles	2,157 meters	1.12 miles
4. Ray Kanzler	3.1 miles	2,065 meters	1.05 miles
Women			
1. Sheila Rezak	2.7 miles	1,597 meters	0.98 mile
2 Rose Adesiyan	2.4 miles	720 meters	0.68 mile

Total Fitness Center Division

Men			
1. Joe Almasy	2.8 miles	2,137 meters	1.13 miles
Women			
No Entries			

Team Competition

1. HPER 100 All-Stars
   - Karen Manzella — 2.7 miles
   - Cathy Sartain — 2,309 meters
   - Michelle Leavy — 1.08 miles

Bench press championships results

Class B 121 to 165 pounds

1. Larry Scott	Best Bench	290 pounds

Class C 166 to 200 pounds

1. Dan Bukowski	Best Bench	320 pounds
2. Dwight Yorke	Best Bench	250 pounds
3. George Martinez	Best Bench	200 pounds

Class D 201 to 250 pounds

1. John Lakic	Best Bench	385 pounds
2. Rudy Bamblc	Best Bench	250 pounds

Sports editor and sports writers needed

If you enjoy sports and would like to gain valuable experience consider becoming a part of our staff. Call Chris or Scott at 989-2547 or stop by and fill out an application at the Chronicle office in C-344H.

Basketball Update

The Laker men's basketball teams' semester break consisted of more than turkey and Santa Claus. The team posted a 4-4 record including a heartbreaking loss in overtime to Indiana Purdue at Fort Wayne, 83-73.

Leading the way for the Lakers was Matt Blower. Blower leads the team with 18.8 points per game, and led the team in scoring five of the last eight games. His best performance was a 29-point explosion in a win over Marycrest. The Lakers are 9-11. The next home game Jan. 18 at 3 p.m.

The women's basketball team broke even during the holiday break. Rita Harper continued to lead the Lady Lakers in overall scoring and rebounding.

Highlights included a 67-62 overtime win over Indiana Wesleyan. Harper led the team with 17 points and 16 rebounds.

Last Thursday, the Lady Lakers improved to 7-9 with a decisive 54-36 victory over Trinity Christian. The next home game is against College of St. Francis tomorrow at 7 p.m.

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The best and nothing but the best of '96

Choices for the top ten films of last year

SCOTT GONZALES
Entertainment Editor

The flood of movies we were bombarded with during the holiday season can only mean two things, Academy Award season is soon upon us and the end of the year is at hand. With the end of the year it is time for we reviewers to come up with an annual list of the best films we were offered as a movie going public.

I'd have to say that there was little to get excited about this year as a whole. The only film people went out in droves to see was "ID4 (Independence Day)," and it wasn't a bad film by any means. "ID4" definitely gets the years award for best special effects hands down.

Other standouts of this year were films like "That Thing You Do," which Tom Hanks made his directorial debut and a not too shabby one at that. Independent film makers stole the show this year with the impressive films like "Slingblade," "Shine," "Beautiful Girls," and "Looking for Richard" (which happens to be Al Pachinos' directorial debut). A few of these films are just coming into wide release so you still have time to view them.

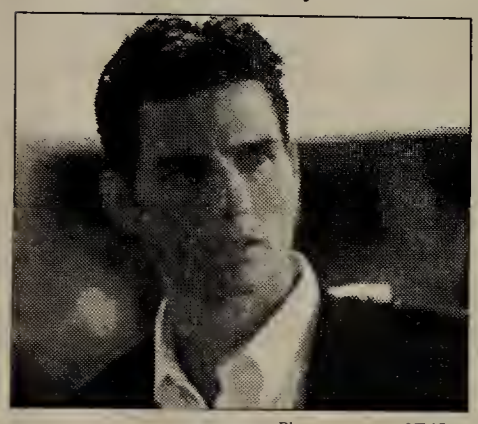

Photo courtesy of TriStar

Tom Cruise is 'Jerry Maguire,' the best movie of 1996.

Some other films (with much larger budgets) seem to be just as impressive. Spike Lees' "Get On The Bus" was funny, and thought provoking, even though it flopped at the box office. Denzel Washington's role in "Courage Under Fire" surely deserves an Oscar nomination. "Fargo" was a weird blend of mayhem and off beat macabre humor that only the Coen Brothers can supply.

Kenneth Branaugh seems determined to bring the works of Shakespeare to the big screen and this years outing is an epic telling of "Hamlet," four and a half hours long and has an intermission to boot. And you can't overlook the Material girl as Eva Peron in the Alan Parker film "Evita." But enough honorable mentions, lets hit it shall we...

1. Jerry Maguire

Tom Cruise...Tom Cruise... Tom Cruise has shown everyone what entertainment is about. Cruise is certainly one of the most under-rated actors around, but to watch one of his performances is like watch and artist at work.

He makes his every move so natural, so at ease that you don't notice how good he is. He was just as believable as a sports agent as he was a secret agent in this summers "Mission: Impossible."

As an actor he ranks with the likes of Gene Hackman, and Robert Duvall in terms of talent, but shines brighter because of his ultimate star power. Tom Cruise gave us one great year in the theater.

2. Big Night

This little seen film sort of came and went without notice this year, yet it deserved far more. "Big Night" is the comedic telling of two brothers and the restaurant they are trying to get established. This labor of love starring Stanley Tucci ("Murder One") and Tony Shalhoub ("Wings") is a must see for movie goers and connoisseurs alike.

3. Secrets and Lies

"Secrets And Lies" tells the story of family, prejudice, and racial boundaries. What happens when a white factory worker in England is introduced to her black illegitimate daughter she gave up for adoption years ago is just the beginning of the secrets and lies which unfold in this film. Like "Breaking The Waves," this film also is not in wide release but if you have a chance to see it try too.

4. Breaking The Waves

This film is not in wide release at all now, which is bad for all of us. This Scandinavian film tells the story of how two seemingly happy people fall in love, and when tragedy strikes, that relationship ultimately falls apart. Emotions and stark reality make this film so striking to watch. This film reminded me of Jane Campions' "The Piano" of a few years back.

Photo courtesy of Miramax

Ralph Finnes and Juliet Binoche dance and fall in love in 'The English Patient,' one of the top ten movies of 1996.

5. The English Patient

"The English Patient" is the grand love story in the tradition of director David Lean. The only epic film on this list boast a WWII love story that has all the ingredients, passion and intelligence, to stir the coldest hearts. Ralph Fiennes, Juliet Binoche and Kristen Scott Thomas make us loose ourselves and travel back in time where passion was as hot as the Sahara.

6. Lone Star

John Sayles doesn't make films very often but when he does they feature some of the most interesting characters seen in films today. "Lone Star" marks Sayles grandest execution of the simple art of storytelling, mixing romance, mystery, and sheer drama deep in the heart of Texas.

7. Welcome To The Dollhouse

No one an forget the sheer clumsiness and awkwardness which accompanies ones tour through adolescence. That is what "Welcome To The Dollhouse" is all about. Writer and director Todd Solondz gives us the hard truth about this time in everyone's life when nothing seems quite right and usually isn't. Solondz does it with humor and in your face brutal truth. "Welcome To The Dollhouse" has just come out on video so if you missed it in the theaters rent it today.

See Best, page 7

'Scream' in local theaters

SUMMER CORONADO
Staff Writer

Scream directed by Wes Craven is definitely a five star explosion containing talent, originality and suspense.

Wes Craven, former "Nightmare on Elm Street" director, has made a new name for himself through this action packed thriller.

The film, "Scream," revolves around murders taking place in a small upper-class community.

The first victim, Casey, played by veteran actress Drew Barrymore, is savagely butchered after witnessing the murder of her boyfriend in her own home. Casey's classmate, Sidney, played by Neve Campbell, becomes the next target.

The killer, dressed in a death costume, continues to torment Sidney by calling and asking horror movie trivia questions, which unknowingly brings her one step closer to a bloody death.

The blood-bath butcher scenes are enough to give Buffalo Bill from "Silence of the Lambs" a run for his money without becoming heavy competition for the "Faces of Death" films.

True thriller fans will be more than satisfied. The star studded cast includes: Drew Barrymore ("Boys on the Side"), Neve Campbell ("Party of Five"), David Arquette ("Beautiful Girls"), Courtney Cox ("Friends"), and Skeet Ulrich ("Last Dance").

Drew Barrymore plays a sweet and gullible character. She evokes sympathy from the audience when she becomes the first victim. Courtney Cox on the other hand has proved herself to be a worthy actress by braching out form her "Friends" character as a over zealous tabloid TV reporter.

Photo courtesy of Miramax

Phone calls can be frightening, as you never know who is on the other end. Here Neve Campbell makes that discovery as her friend, Rose McGowan, looks on in the thriller "Scream.'

Considering the kaleidoscope of backgrounds that these actors have, they deliver an exceptional performance in a true thriller.

Audition Notices and Theatre Listings

TV and Film

Reality Casting Call for: Host City: Chicago, IL. Benefits: Travel matching and pay. Send all inquiries with the following: Full body shot, close head shot Compositions, Resume, Tapes (if any). All inquiries must be mailed to: PHLR Incorporated P.O. Box 07489 Milwaukee, WI. 53207.

Production

Indiana feature film revolving around three Greek-American families. Casting call for: 2 females: 35-41, 2 supporting females 20-25 and 26-34. 1 feature female 12-15 * must be able to speak some Greek. Angelica 28-37 news anchor type 2 Swedish airline attendants All male types and ages needed. Send all inquiries with the following: head shots, resumes and tapes (if any). All inquiries should be mailed to: Prophase Incorporated *Attention Casting 601 South Lasalle P. 481 Chicago, IL, 60605.

Theatre Auditions

Tony is Searching for a New Tina! All Tina wannabes should be Funny, Confident, Gregarious, Honest, Wise, Charming, and a Little Nutty. All inquiries should be mailed with a picture and cover letter telling Tony a little about her-

Dance Auditions

The award winning Ballet Folklorico Mexicano de Jose Verduzco is now accepting applications for enrollment. All dancers must be at least 6 years of age. No experience is necessary but helpful. For more information please contact Summer Coronado at (219) 838-1505.

Other Auditions

Walt Disney on Ice will hold auditions Thursday, Jan. 23 for local individuals 17 and older to join the international cast of "Toy Story on Ice." For more information call: (813) 349-4848.

Community Theatre Guilds and surrounding Professional Theatres:

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Lake Central Theatre Guild
8400 Wicker Avenue
St. John, IN
(219) 365- 8551.

Center for Visual and Performing Arts
1040 Ridge Road
Munster, IN 46321

Open auditions for 'Gypsy'

REGINA HURST
Staff Writer

The PUC Theatre Company announces open auditions for their spring production of the musical "Gypsy." The auditions are Saturday and Sunday, Jan. 25 and 26 at 2 p.m. each day.

Auditions are open to all students, staff and community members. Those auditioning for singing parts are asked to bring their own music. Dancers will be taught a short dance step.

The cast consists of 20 adult females and males. There are also parts for 2 females and 6 males ages 8 to 12- years old.

The musical is based on the autobiography of stipstease artist Gypsy Rose Lee and features the Stephen Sondheim/Jules Styne songs "Let Me Entertain You" and "Everything's Coming up Roses."

The production is directed by Tom Bogucki of the department of Communication and Creative Arts. "Musicals are always well received in this area. Last spring we had several sell-out nights for our production of "Anything Goes," said Bogucki."

Show dates for "Gypsy" are March 7, 8, 9, 15, 16.

The musical tells the story of Mama Rose, the stage mother from Hell, who prods and pushes her daughters June and Louise into a vaudeville career. Rose pins most of her hopes for fame on older daughter June (first as 'Baby June', and later as 'Dainty June'), while little Louise goes along for the ride. Their act features the song "Let me entertain you."

Once June leaves the act it eventually dies along with the rest of vaudeville. As an adult, Louise and the others end up in a house of burlesque. She is given advice by three of the strippers in the show-stopping number "You Gotta Have a Gimmick."

Best

Continued from page 6

8. The People vs. Larry Flynt

Who ever thought that a movie about the life and times of Hustler publisher Larry Flynt would end up on anyone's top ten list? I sure didn't. But when put in the hands of Milos Foreman "(Ragtime," "Amadeus") anything is bound to happen and usually does.

9. A Time To Kill

It has been said that John Grisham could write his grocery list and it would be a best-seller. Well that may be true but "A Time To Kill" is the best adaptation of any of his novels since" The Pelican Brief." This film made a star of unknown actor Matthew McConaughey, has begun a streak of hits for director Joel Schumacher ("Batman Forever") and stars everyone's cyber-sweetheart Sandra Bullock. Samual Jackson is also deserving of a best supporting actor nomination for his role as the angered father on trial for killing two rednecks who just raped his nine year daughter. The casting in this film was impeccable.

10. Trainspotting

To say that" Trainspotting" is a entertaining film would be wrong. To be quite honest it's a depressing story of lies, drug abuse and death in suburban Edinburgh. Why have it on the ten best list then? It had to be the most daring and influential film made this year. But I have to warn you it's not for everyone.

So there you are, my top ten films. 1996 is a wrap, and now we move on to the next project, 1997. Light's. Camera. Action!

Photo courtesy of Miramax

'The worst toilet in Scotland.' One of the many surreal scenes from the movie 'Trainspotting.'

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